

# HEALTH CONNECT



CONNECTING PATIENTS FOR BETTER HEALTH

**May 2020**



MENTAL HEALTH AWARENESS MONTH

**Nurse Advice Line 24/7**  
800-TRICARE  
(800-874-2273)

**Hampton Roads  
Appointment Center**  
(866) 645-4584

**Emergency Room**  
(757) 953-1365

**Pharmacy Refill**  
Local: (757) 953-MEDS (6337)  
Toll Free: (866) 285-1008

**Information**  
(757) 953-5008

**Customer Service Office**  
(757) 953-2600

**Relay Health Secure Messaging**  
<https://app.mil.relayhealth.com/>

Check out  
NMCP  
on social  
media



## How Much Fiber Do You Need?

You probably know that fiber is important to good health, but do you know if you are getting enough?

To get the 20-35 grams of fiber your body needs each day, choose plant foods, like cherries, grapes, crunchy bell peppers, beans, whole grains, and nuts. These help with digestion and constipation, and are also good for your heart and blood sugar. Because they fill you up, you'll eat less, which also helps if you are watching your weight.

Fluids help your body get rid of waste and stay regular. You can sip water, juices, tea, and other beverages. They are also in foods, so you may not need to down eight glasses of water a day. Your doctor or a dietitian can tell you how much you should drink and the best types to choose.

Exercise may help with most minor digestive problems, from bloating to constipation. Physical activity helps your body's digestive system move things along and let go of waste. It also curbs stress, which can trigger many digestive problems.

Smoking weakens the valve at the end of the esophagus (the tube that goes from your mouth to your stomach). That can lead to acid reflux and heartburn. It also makes some cancers more likely. It's more common for smokers than for other people to get ulcers and Crohn's disease. Keep at it! Ask your doctor for help.

## How Fast Should You Lose Weight?

Most fitness and nutrition experts agree that the right way to lose weight is to aim for a safe, healthy rate of weight loss of 1 to 1½ pounds per week. Short-term dramatic weight loss is rarely healthy or sustainable over time. Modification of eating habits, along with regular exercise, is the most effective way to lose weight over the long term. It is also the ideal way to ensure that the weight stays off.

Starvation or extreme diets may result in rapid weight loss, but such quick weight loss can be unsafe and is almost impossible to maintain for most people. When food intake is severely restricted (below approximately 1,200 calories per day), the body begins to adapt to this state of poor nutrition by reducing its metabolic rate, potentially making it even more difficult to lose weight. This also happens when dieters engage in fasting or skipping meals. It is possible to experience hunger pangs, bouts of hypoglycemia, headaches, and mood changes from overly stringent dieting. These health symptoms can result in binge eating and weight gain. Since a highly restrictive diet is almost impossible to maintain for a long time, people who attempt to starve themselves thin often start to gain weight again when they stop dieting and resume their former eating habits.

Even though we really want it to, weight loss doesn't happen overnight. Losing weight is a process. Don't let your weight loss journey end in regain.

# Melanoma/Skin Cancer

NMCP Public Affairs Office

May has been designated National Melanoma/Skin Cancer Detection and Prevention Month by the American Academy of Dermatology (AAD). This month is dedicated to increasing the awareness of the importance of skin cancer prevention, early detection, and treatment.

Overexposure to ultraviolet (UV) rays is the most important behavioral risk factor for skin cancer. Measures to prevent skin cancer include:

1. Reducing direct exposure to the sun, especially during midday hours (10 a.m.- 4 p.m.) when the sun's rays are the strongest.
2. Wearing protective clothing (broad-brimmed hat, long-sleeved shirt, long pants, and sun glasses).
3. Using sunscreen with a sun protection factor (SPF) of at least 15 to protect against UV A and B rays.

CDC's National Skin Cancer Prevention Education Program, in collaboration with AAD, the American Cancer Society, the U.S. Environmental Protection Agency, the National Weather Service, state health departments, universities, and other public and private organizations, has focused on increasing public awareness about skin cancer risk factors and appropriate sun protection behaviors.

Facts about skin cancer:

- Skin cancer is the most common form of cancer in the United States with more than 3.5 million skin cancers in over two million people diagnosed annually.
- Melanoma is more than 20 times more common in Caucasian Americans than in African Americans.
- The risk of melanoma increases with age - the average age at the time it is found is 62.
- The five-year survival rate for patients, whose melanoma is detected early, before the tumor has penetrated the skin, is about 97 percent.

We can't always prevent skin cancer from occurring, but finding it in the earliest of stages can make a difference. Skin cancer can sneak up on you if you aren't looking out for it, and it may not be something you think about for regular checkups. It pays to pay attention to your skin.

## HEALTHY WEIGHT

### ShipShape Weight Management Program:

8-week intensive program for adults. To register, call the HRAC at (866) 645-4584.

**Right Weigh:** 4-week program for learning to manage your weight the right way. To register, call (757) 953-9247 or 953-1927.

For more information on Health Promotion and Wellness Department programs and resources, call (757) 953-1927.

## TOBACCO CESSATION

### Tobacco Cessation Class

1st and 3rd Tuesday  
of every month from 1 – 3 p.m.

### One-on-One Counseling

Call today to schedule!

For more information, call  
(757) 953-1927 or 953-1934



# 30 DAY SELF-CARE CHALLENGE



**DAY 1**  
Start the day with a deep breathing exercise.

**DAY 2**  
FaceTime an old friend.

**DAY 3**  
Do 30 minutes of yoga.

**DAY 4**  
Make a new playlist.

**DAY 5**  
Go for a walk.

**DAY 6**  
Drink just water today.

**DAY 7**  
Try a 5-minute meditation.

**DAY 8**  
Tell a coworker how much you appreciate them.

**DAY 9**  
Have a phone-free night.

**DAY 10**  
Go to bed 30 minutes early.

**DAY 11**  
Disinfect your phone.

**DAY 12**  
Send a letter to a friend.

**DAY 13**  
Read that book or article your friend told you about months ago.

**DAY 14**  
Write three positive self-affirmations.

**DAY 15**  
Do walking lunges into work.

**DAY 16**  
Walk 10,000 steps.

**DAY 17**  
Watch the sunrise and sunset.

**DAY 18**  
Avoid sugar all day.

**DAY 19**  
Make a gratitude list.

**DAY 20**  
Do something creative.

**DAY 21**  
Catch up with relatives on the phone.

**DAY 22**  
Stretch at the beginning and end of your day.

**DAY 23**  
Define what gives you stress.

**DAY 24**  
Unfollow negative social media accounts.

**DAY 25**  
Watch a documentary.

**DAY 26**  
Make up a social-distancing approved handshake.

**DAY 27**  
Make a bucket list.

**DAY 28**  
Write a letter to your future self.

**DAY 29**  
Text a selfie to a friend with no context.

**DAY 30**  
Do one random act of kindness.



# National Mental Health Awareness Month

NMCP Public Affairs Office

Mental Health Awareness Month (also referred to as "Mental Health Month") has been observed in May in the United States since 1949, reaching millions of people through the media, local events, and screenings.

The purpose of mental health awareness is to educate the public about mental illnesses, such as the 18.1% of Americans who suffer from depression, schizophrenia, and bipolar disorder; the realities of living with these conditions; and strategies for attaining mental health and wellness. It also aims to draw attention to suicide, which can be precipitated by some mental illnesses. Additionally, Mental Health Awareness Month strives to reduce the stigma (negative attitudes and misconceptions) that surrounds mental illnesses.

Mental Health Month raises awareness of trauma and the impact it can have on the physical, emotional, and mental well-being of children, families, and communities.

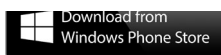
Nearly 450 million people worldwide are currently living with a mental illness, yet nearly two-thirds of people with a known mental illness never seek treatment.

## GET CONNECTED

**Download the NMCP app today and get access to:**

- News and announcements
- Interactive maps
- Pharmacy wait times
- Telephone directory
- Relay Health
- ICE feedback

**and so much more!**



**Why Care?**

**1 in 5**

**adults in the United States experiences a mental health condition in a given year. That's 46.6 million people per year.**

[nami.org/whycare](http://nami.org/whycare)

**NAMI**  
National Alliance on Mental Illness

Here are some mental health facts and figures to take into consideration:

- 1 in 5 adults in America experience a mental illness.
- Nearly 1 in 25 (10 million) adults in America live with a serious mental illness.
- One-half of all chronic mental illness begins by the age of 14; three-quarters by the age of 24.
- Approximately 10.2 million adults have co-occurring mental health and addiction disorders.

The Military Health System and leaders across the Defense Department are emphasizing the importance of mental health and sharing mental health resources available to our military communities.

Over the past 20 years, the Substance Abuse and Mental Health Services Administration and others within the U.S. Department of Health and Human Services

and across the Federal Government, the public health community, and the general public have made efforts to increase the importance of understanding both prevention and treatment of mental health problems. These efforts have significantly improved the outlook for those affected by mental illnesses.

Maintaining healthy habits and a healthy lifestyle are some effective ways to promote better emotional health and well-being. Emotional support animals may help people recover from trauma as well as cope with a variety of mental health symptoms. Keeping close, affectionate relationships is way to boost brain health.

Mental Health Month gives all of us a valuable opportunity to celebrate the tremendous strides this Nation has made in promoting mental health and increasing the public's knowledge that effective services and support are available.

**118,000**

patients with a PCM at one of our 10 facilities

**22**

Medical Home Port teams

**440,000**

patients we serve – active duty, retired and families



# MENTAL HEALTH CARE



## Emergency Mental Health Care

What is a mental health emergency? When the patient:

- ☒ Is at immediate risk of serious harm to self or others as a result of mental disorder
- ☒ Needs immediate continuous skilled observation at the acute level of care (based on a psychiatric evaluation)



## WHAT TO DO IN AN EMERGENCY

### CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM

- + You **don't** need prior authorization
- + If admitted, call your regional contractor within **24 hours** or the next business day
- + Admissions must be reported within **72 hours**

## Non-Emergency Mental Health Care

- ☒ You don't need to get a referral or prior authorization for any **outpatient mental health care**, which includes services like therapy and counseling (except psychoanalysis and substance use disorder [SUD] care).
- ☒ For psychoanalysis or care from an institutional provider outside of a military hospital or clinic, you **must get a referral** for non-emergency mental health and SUD care.